DOCUMENT RESUME

ED 400 549 CS 215 523

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TITLE Totally Private & Personal: Journaling Ideas for Girls and Young Women.
REPORT NO ISBN-1-57542-005-8
PUB DATE 96
NOTE 165p.
AVAILABLE FROM Free Spirit Publishing, Inc., 400 First Avenue North, Suite 616, Minneapolis, MN 55401 ($8.95).
PUB TYPE Books (010) -- Guides - Non-Classroom Use (055)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Adolescent Development; Computers; Diaries; Early Adolescents; *Females; *Journal Writing; *Self Expression; World Wide Web; Writing Attitudes
IDENTIFIERS Personal History; *Personal Writing; *Writing Contexts

ABSTRACT

This book offers journaling ideas for girls and young women ages 11-16, although it states that others who like to "journal" will find something here for them, too. The book discusses the reasons for journaling, including that it can serve as a good release when angry, sad, troubled, or even happy. The book also states that a journal is a safe haven for exploring feelings and dreams, is a source of inspiration, and a means of recording thoughts and memories to be reread in the future. The book provides information on seasonal journaling and different types of journals, such as computer journals, art journals, or family journals. The book has special sections on growing up, including body changes, and feeling good about being a girl. Resource ideas are provided in the book, including a list of books, magazines, and Web sites. (CR)

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